

# Implementing Student Assistance Programs

## How to

Provides information for implementing new Student Assistance Programs (SAPs) along with resources for strengthening existing SAPs.

Student Assistance Programs (SAPs) evolved from the Employee Assistance Program (EAP) model of the 1960s-1970s. Recognition of the importance of removing all barriers to work performance translated to school policy in the 1980s when SAPs developed in the vein of EAPs. SAPs at first only addressed substance abuse in students, but soon expanded to help address a wide range of issues that impede adolescent academic achievement. As Gary Anderson writes in the first published model for Student Assistance Programs, "Any student assistance program effort demonstrates that a school system recognizes, first, that such problems do plague students and, second, that a responsible system of adults must respond and help." (Hipsley, 2001)

According to the California Student Survey, trends reveal that high rate use of alcohol or drugs by California students increase significantly in the middle and high school years. Over the last decade, 11th grade excessive alcohol users' and high risk drug users' rates are typically between one-third higher and twice as high as 9th grade rates. The recent emphasis on prevention has not reduced the portion of students who use at a high rate. The goals of SAPs are to reduce students' behavioral and disciplinary violations and substance use habits while improving school attendance and academic performance through the referral and facilitation of appropriate services.

The Governor's Prevention Advisory Council High Rate Underage Users' (HRUU) workgroup was designed to address the intervention of high rate users of alcohol among our youth. The HRUU workgroup includes representatives from several government agencies such as the California Department of Education, Attorney General's Office, Department of Alcohol and Drug Programs, Department of Mental Health, California Parent Teacher Association, community based organizations and school administrators. Also included in this workgroup are representatives from the California Masonic Foundation. The Masons have started some of the first public schools in America and have been proponents of SAPs since the early 1980s. The Masons also provide free SAP training to school districts throughout the country.

The sources listed below will provide the following information:

- What are SAPs and why are they needed?
- Data to prove the effectiveness of SAPs.
- Guidelines for starting SAPs.
- The cost to operate SAPs.
- SAP resources and references.

## **Associations**

[National Student Assistance Association \(NSAA\)](#) (Outside Source)

Learn about student assistance, research, and state associations.

## **Curricula**

[Positive Action](#) (Outside Source)

Positive Action is a nationally recognized, evidence-based program that improves academic success, behavior, and character development.

[Project SUCCESS](#) (Outside Source)

Project SUCCESS (Schools Using Coordinated Efforts to Strengthen Students) is a school-based Center for Substance Abuse Prevention (CSAP) Model program that prevents and reduces substance use among high-risk multi-problem adolescents.

## **Research Studies, Information and Free Materials**

[Join Together](#) (Outside Source)

Information for prevention and community action regarding substance abuse and gun violence.

[Search Institute](#) (Outside Source)

An independent nonprofit organization whose mission is to provide leadership, knowledge, and resources to promote healthy children, youth, and communities. At the heart of the institute's work is the framework of [40 Developmental Assets](#) (Outside Source).

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) (Outside Source).

School, family and community resource kits for prevention.

## **Resources**

[Connecticut Governor's Prevention Partnership](#) (Outside Source)

The Student Assistance Program is a school-based prevention and early intervention program for students in kindergarten through twelfth grade.

[Introduction to Student Assistance Programs: Supporting Student Achievement Toolkit](#) (PDF; Outside Source)

[Masonic Model Foundation for Children](#) (Outside Source)

The National Masonic Foundation for Children established in 1986, is a nonprofit 501(c)(3) charitable organization that seeks to promote programs in schools, particularly the Masonic Model Student Assistance Program, to identify the barriers preventing students from achieving academic success and provide intervention to help the youth of this country lead productive, useful, and healthy lives. More than 36,000 educators have attended Masonic Model training which has resulted in more than half a million school children being successfully referred to and helped by this program.

[National Student Assistance Association \(NSAA\)](#) (Outside Source)

The NSAA provides cutting edge school reform, prevention and intervention services for youth and families.

[Nebraska Student Assistance Program Initiative](#) (Outside Source)

The Nebraska Student Assistance Program Initiative is a training resource funded to assist schools and the communities they serve with the development, implementation, and continuation of a core team model Student Assistance Program.

[Safe State Drug and Alcohol Abuse Prevention](#) (Outside Source)

California Attorney General's Crime and Violence Prevention Center.

[Texas Student Assistance Program Initiative](#) (Outside Source)

The Texas SAP Initiative (TSAPI) provides a two-day Core Team training, technical assistance, specialty topic training, and SAP-related materials to schools interested in establishing or rejuvenating a research-based, resiliency-focused Student Assistance Program.

[The California SAP Resource Center](#) (Outside Source)

Resources for supporting student achievement through Student Assistance Programs.

## **Standards**

[National Student Assistance Association Standards of Practice](#) (PDF; Outside Source)

NSAA Standards of Practice for SAP development and implementation training.

## **Training**

[Alameda County Office of Education: One day training](#) (Outside Source)

Training sessions for educators, parents and students to coordinate drug awareness and prevention efforts on campus.

[Center for Applied Research Solutions \(CARS\)](#) (Outside Source)

Provides on-line training for substance abuse and mentoring professionals.

[Masonic Model Student Assistance Program Training \(MMSAP\)](#) (Outside Source)

MMSAP is an intensive three-day training workshop for educators to learn how to identify, intervene with, and create appropriate referrals for students that may be at risk for substance abuse, depression, suicide or violence.

[NSAA Training/Events](#) (Outside Source)

The [National Institute of Student Assistance Practices \(NISAP\)](#) (PDF; Outside Source) is the training and information dissemination arm of the NSAA and provides courses to advance the development of student assistance services in school districts, agencies, and organizations across the country.

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